

## WMHI Smoke Free Campus Initiative: Smoking Cessation Plans

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Quit Now Program	QuitNet Internet Program	Navitus Health Solutions
<p>1. Free smoking cessation information &amp; support available 24/7</p> <p style="padding-left: 40px;">1-920-830-6877</p> <p>2. 1:1 Counseling sessions available</p> <ul style="list-style-type: none"> <li>• Comprehensive face to face intervention</li> <li>• Initial session is 90 minutes; Cost = \$70</li> <li>• Follow up session is 30 minutes; Cost = \$35</li> </ul>	<p>1. <a href="http://www.quitnet.com">www.quitnet.com</a></p> <ul style="list-style-type: none"> <li>• Operates in association with the Boston University School of Public</li> <li>• Health</li> <li>• Online community where smokers and ex-smokers band together to help others quit smoking for good</li> <li>• Personal support through online discussion groups, live chat and e-mail</li> <li>• Free Program</li> </ul>	<p>1. Provider of pharmacy benefit services to most State of Wisconsin employees.</p> <ul style="list-style-type: none"> <li>• Will cover Nicotine Replacement Products, for up to 3 months per calendar year.</li> <li>• Employees need a Physician order/Prescription for a one-month supply, with 2 refills. This will give you enough Nicotine replacement therapy To make it through your 3 month coverage period. If you don't end up needing 3 months worth, simply don't go to the pharmacy for a refill.</li> <li>• Covers the nicotine inhaler, spray, patch and Zyban equivalent</li> <li>• \$15 co-pay per month, per nicotine replacement product.</li> <li>• Studies have shown that medication + counseling increases the smokers chances of successfully stopping smoking, fourfold.</li> </ul>
<p style="text-align: center;"><b>UW Health – Fox Valley Family Practice</b></p>	<p style="text-align: center;"><b>Make Yours A Fresh Start Family Program</b></p>	<p style="text-align: center;"><b>For Updated Resources &amp; additional tobacco related information</b></p>
<p>1. Individual counseling consists of 4-5 sessions</p> <ul style="list-style-type: none"> <li>• Cost = \$50</li> <li>• located at : 229 South Morrison Street Appleton, WI 54911 920-832-2783</li> </ul> <p style="text-align: center;"><b>Klein Stress Management Center</b></p> <p>1. Individual sessions</p> <ul style="list-style-type: none"> <li>• \$125 per session</li> <li>• located at : 5733 Grand Market Drive Appleton, WI 54913 920-749-1005</li> </ul>	<p>An American Cancer Society Program for pregnant women and moms of young children. 1-800-ACS-2345 <a href="http://www.cancer.org">www.cancer.org</a></p> <ul style="list-style-type: none"> <li>• This innovative program teaches health professionals to give their smoking patients one-on-one counseling using a 5-step "STAGE" intervention.</li> <li>• The program package includes training for health care professionals to help tailor cessation counseling to patients according to their readiness to quit smoking, and a guide for integrating the intervention into an office setting. The training is available in both train-the-trainer and self-study format.</li> </ul> <p>Other materials used in the program include:</p> <ul style="list-style-type: none"> <li>• Make Yours a Freshstart Family trainer's video, ACS program guide, and poster</li> <li>• Helping Smokers Quit - AHCPR Pocket Guide for Primary Care Clinicians</li> <li>• Smart Move, a booklet to help other household smokers quit and to help men become involved in and supportive of their partner's efforts to quit</li> </ul> <p>For more information on receiving training and/or program materials, please contact your local division office of the ACS.</p>	<p>1. Winnebago County Tobacco- Free Coalition 725 Butler Avenue Winnebago, WI 54985 920-232-3000</p> <p>2. Community Action For Tobacco Free Living (serving Outagamie and Calumet Counties) 1820 Appleton Road Menasha, WI 54952 920-954-7404</p>

